



Microgreen Nutrition Facts

- Microgreens are an excellent source of vitamins C, E, and K.
- Microgreens are high in antioxidants.
- Microgreens are a naturally low-calorie food.

1. Microgreens are anywhere from twice to ten times higher in vitamins C, E, and K compared to their regular vegetable counterpart, according to research.

- Vitamins C and E protect cells from damage and are good for your immune system.
- Vitamin C helps you absorb the calcium from your diet.
- Vitamin K is important for blood clotting. People with digestive conditions should make sure to get enough vitamin K because intestinal problems can interfere with absorption.

2. Cancer-prevention: Microgreens also have higher levels of antioxidants than regular vegetables, especially the brightly colored ones. Bright colors like red, yellow, and orange as well as deep greens are evidence of high levels of these chemicals. They protect your cells from damage by environmental toxins.

3. Weight loss: Microgreens are naturally low-calorie. They have the same calories as lettuce, but way more flavor so they make a welcome addition to any low calorie diet, helping you lose weight without the boredom.

For more information, visit our nutrition page at:
<https://www.growgreenspace.org/about/microgreen-nutrition/>